

NP³ Middle School Counseling Newsletter

WHAT TO EXPECT FOR CAREER DAY!

Save the Date!
Parent & Counselor
Coffee will be on
November 30th from
8:45 - 9:45 in the
High School Library.
More details to come!

Check out this
Digital Citizenship
article to learn
about ways to
educate your
children about
online safety!

Spending time
outdoors is a great
way to improve your
mood. Check out the
Calm Room for some
relaxation nature
videos to help you
wind down.

Children always look
to their parents for a
sense of safety and
security. This article
provides tips on how
to talk to your
children about
conflict and war.



Career Day is an event we host every year to give our 7th grade students the opportunity to explore potential career paths; it will be held on Tuesday, October 24th from 1:20-2:40 PM. Each advisory class will hear from two different presenters and have the chance to ask any questions relevant to the field. We have a variety of presenters from careers in aviation, fitness training, law enforcement, education, photography, dentistry, and much more!

On October 19th, counselors facilitated a career exploration lesson with all 7th graders to prepare them for their Career Fair project in December! Ask your student what careers they matched with!

Suicide Prevention Policy

The teen years are marked by a roller-coaster ride of emotions—difficult for teens, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age, and the past decade has seen teen suicide rates double. Please review our [Suicide Prevention Policy](#). Contact your counselors with any questions or concerns.